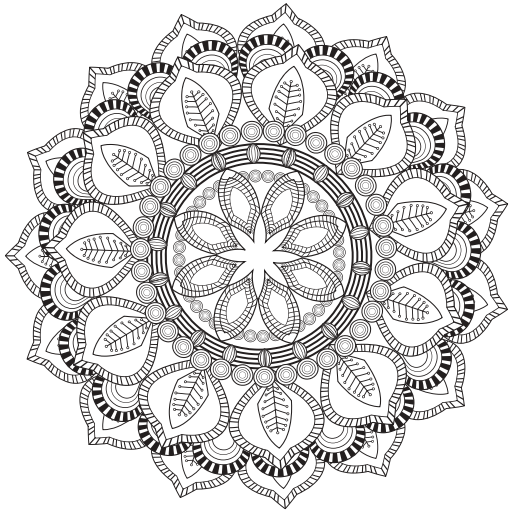
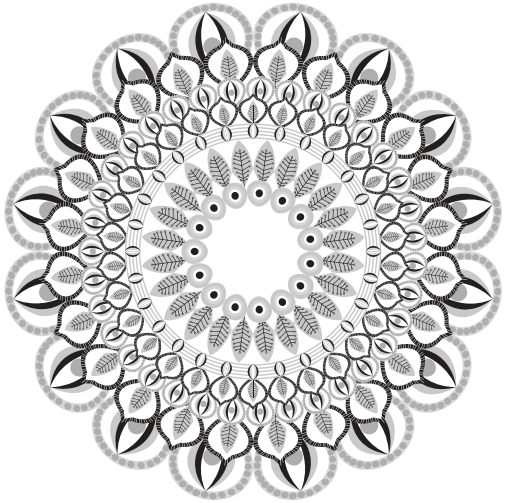
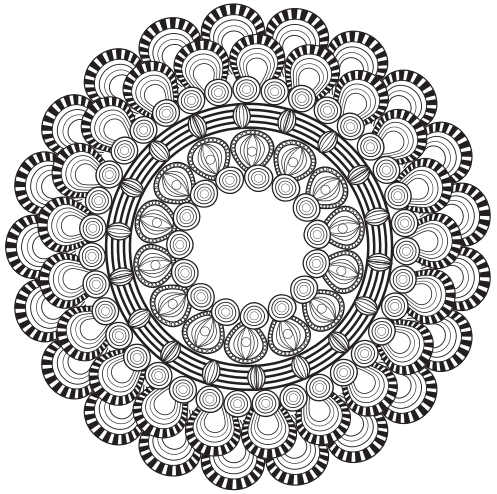


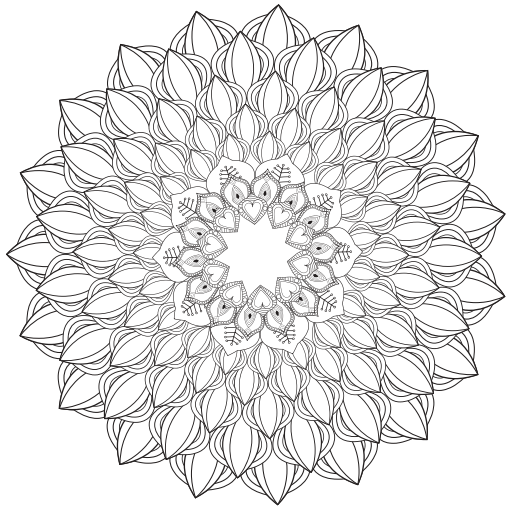
Let humour into my life. Watch comedies. Laugh with friends.



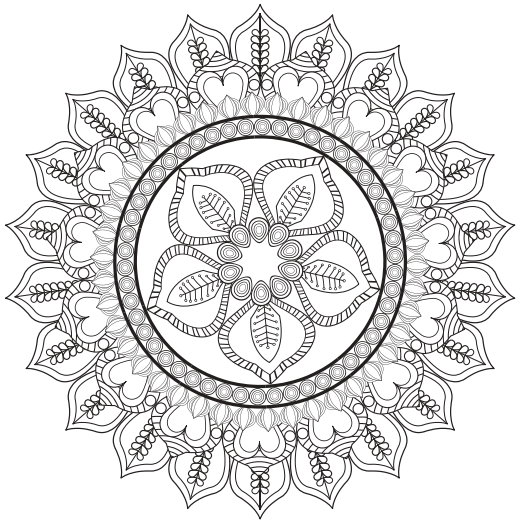
Walk and breathe fresh air. Get out in nature.



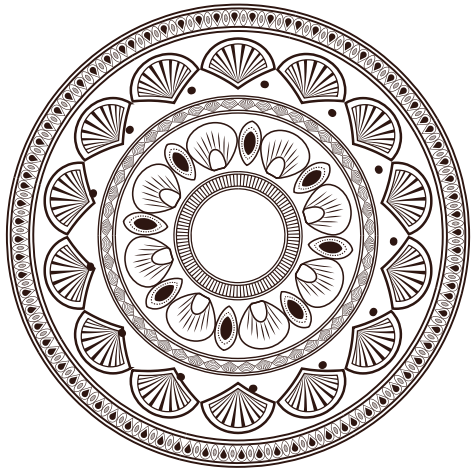
Pardon myself for making poor choices in the past. Resolve to get the best out of life.



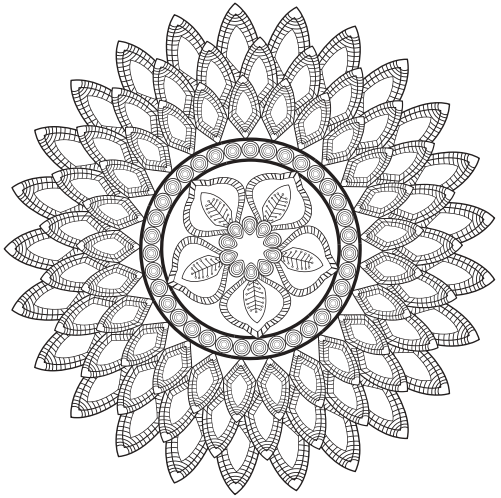
Establish and nurture friendships. Reach out to others to create connections.



Adapt to change. Take advantage of change to open new doors. Discuss fears regarding change.

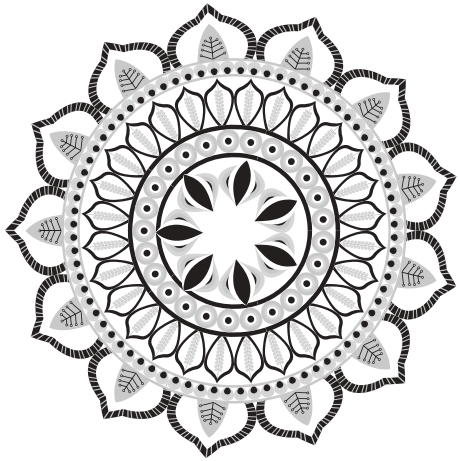


Take risks to improve a situation. Question the way I do things. Explore new possibilities.

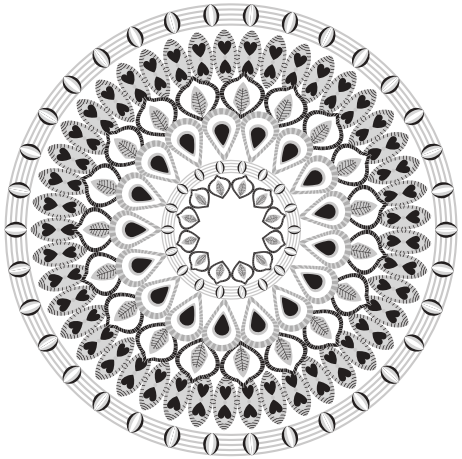


Try new ways of doing things. Use humour to facilitate change.

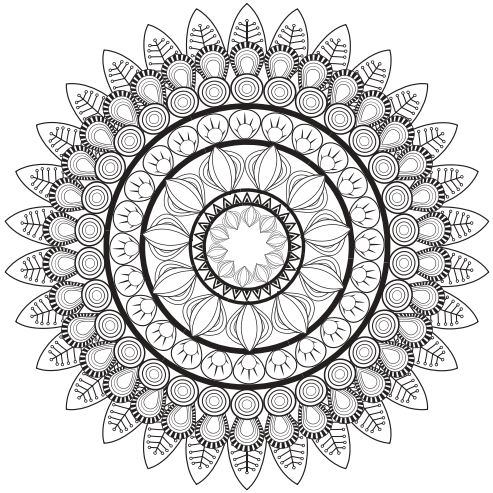
Be responsible for my happiness. Learn to love and care for myself.



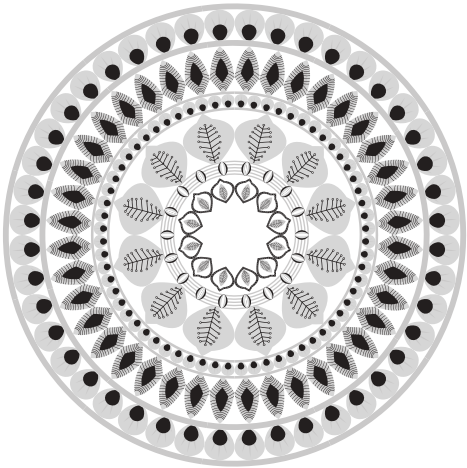
Seek help when in difficulty. Accept emotional help and support.



Complete projects that I start. Work honestly and conscientiously.



Be creative. Improve and use my skills.



End a relationship that does not contribute to my well-being. Celebrate my quality relationships.